

Kraft Boycott in Trouble

SASKATOON(CUP)---Despite lack of resources and interested by the National Farmer's Union (NFU), the Kraft Boycott still exists, at least in principle.

Reliable sources within the NFU say the organization was asked by their last national convention to proceed with boycott action. However, hampered by a very small budget and a lack of personnel the NFU has been having trouble following up with the boycott which was particularly strong until about one year ago.

Some executives within the NFU apparently feel that unless the organization gets on with action, they should "get out all together."

But some former boycott

organizers favour an increased budget from the members of NFU to pay for research and promotion needed to continue the boycott.

While the Kraft boycott has been primarily a farmers union boycott, receiving much support from labour groups, particularly in the West, some observers predict a labour withdrawal later this year.

"People have forgotten why they must boycott Kraft," said a Canadian Labour Congress source in a recent interview. In order to fully support a boycott, any boycott, the organizers must have clearly defined aims and political objectives. They say the Kraft boycott lacks all of this.

But at the National Farm-

ers Union, the principles are still there. The boycott has not been called off. If renewed support can be found, they say efforts will be made to continue the boycott of Kraft-co products.

Steal this Book

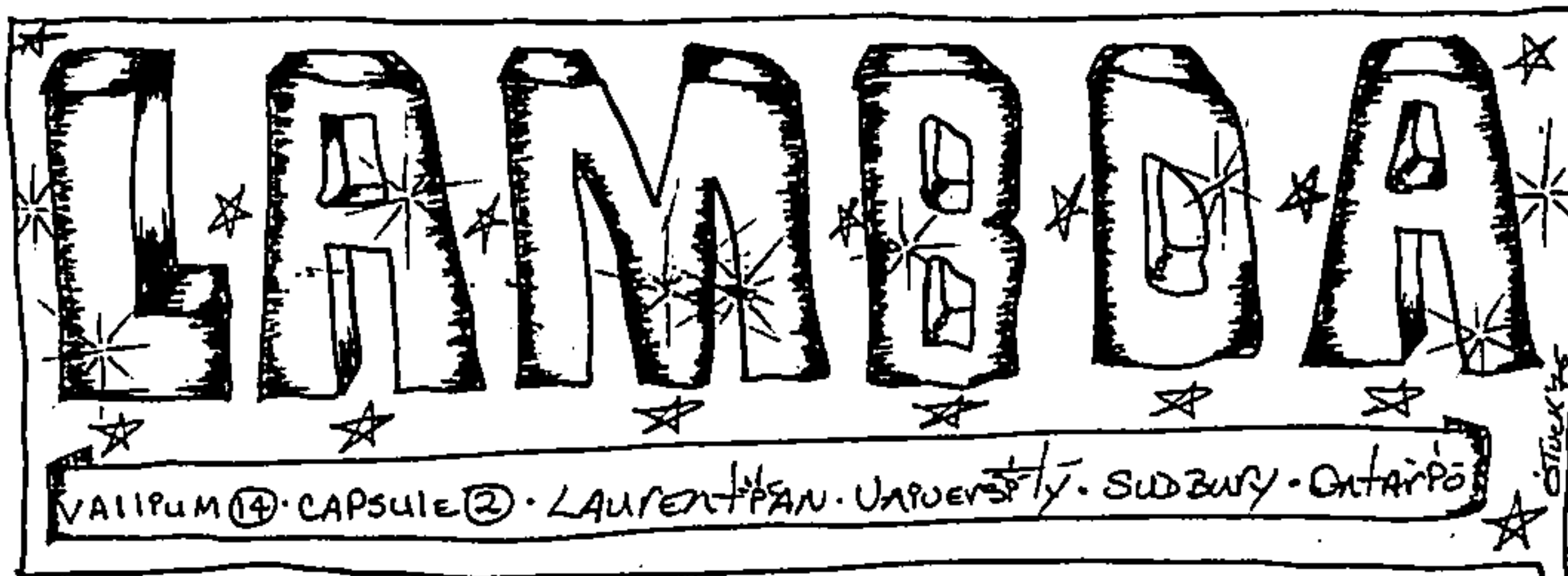
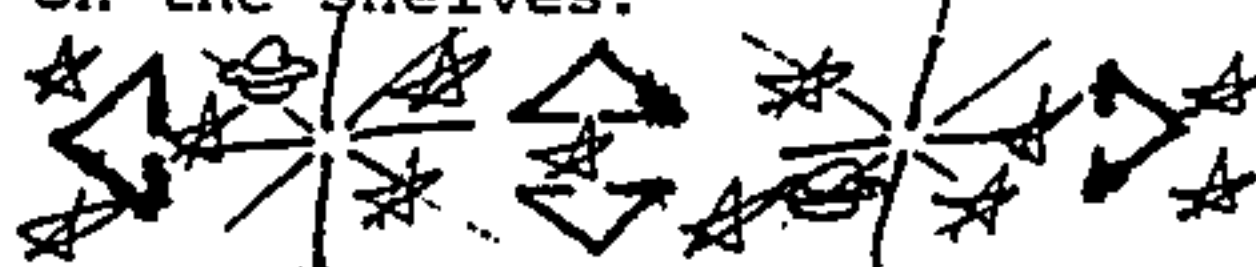
NEW YORK (CUP)---People across the country are apparently taking Abbie Hoffman's advice, and have been ripping off copies of his book, titled Steal This Book.

The Erie Metropolitan Library in New York reports it recently discovered that all three copies of the Yippie leader's book had been removed from its shelves.

Library worker Ronaleen Lee says that the Erie Library is connected to 700 libraries across the United States by the Library of Congress's computerized card catalog.

A check of the 700 libraries, Lee states, found that only about 15 of them still had copies of "Steal This Book".

Lee says "Very few of the Bookstores we've contacted even bother to order it anymore. They just can't keep it on the shelves."



L. U. STUDENT BICYCLES ACROSS CANADA

by Eileen Boyle

While most university students were working this summer, Laurentian student Glen Bailey was bicycling across Canada. Glen, a third year honor psychology student, said he did it because, "I wanted to prove to myself I could do it, not for the physical fitness aspect but because it was different. I had my doubts at first."

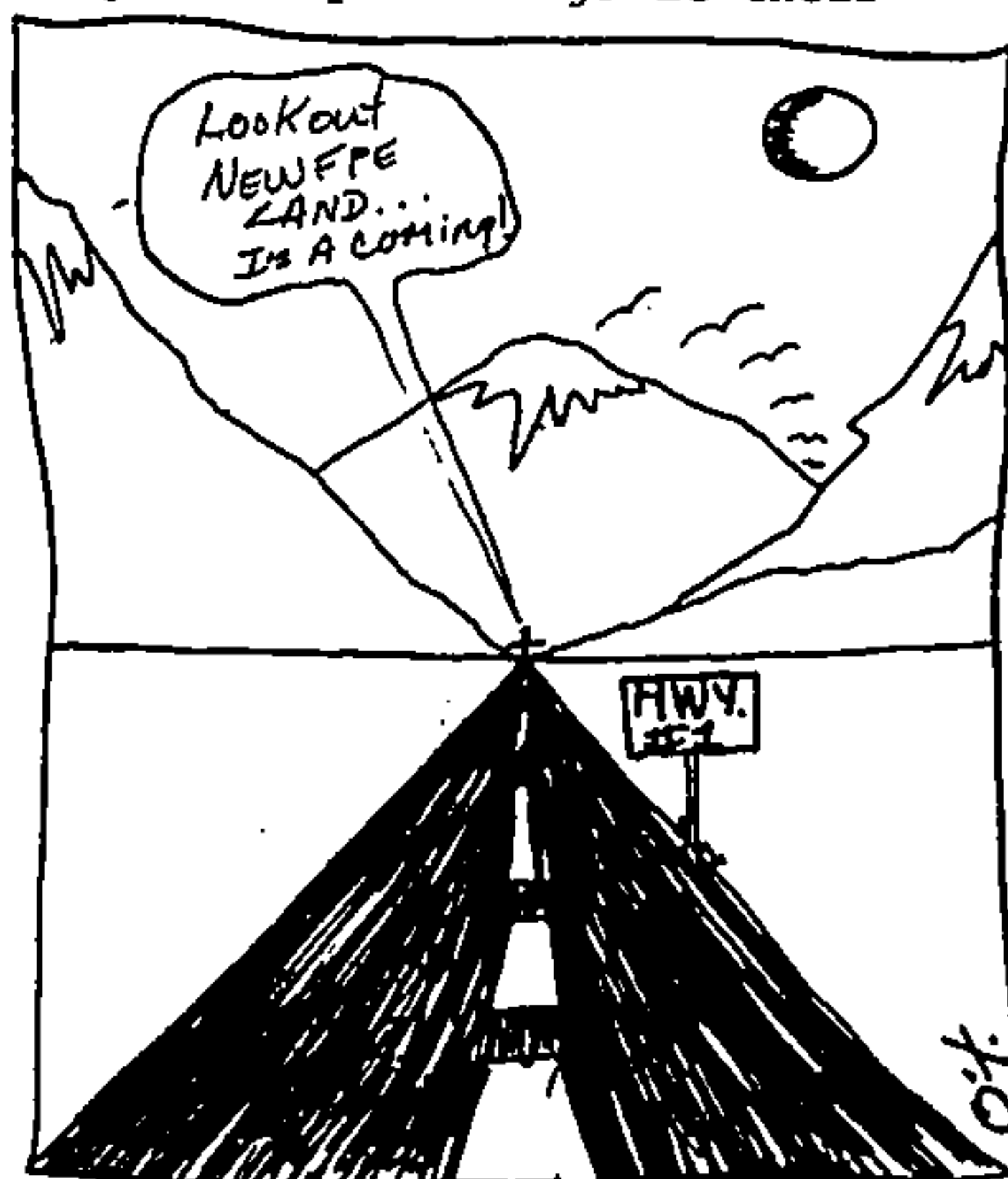
Glen's first long bicycle trip was in the summer of 1974 when he rode 2,700 miles from Vancouver to Sudbury. Last summer he set a higher goal and succeeded, bicycling 4,800 miles from Vancouver to St. John's, Newfoundland. It took Glen only 54 days from June 6 to August 11.

The total cost of his trip was \$1,400. He rode a \$215 Sekine, which weighs 22 pounds and now has a total of 8,000 miles on it. He spent \$130 for bicycle maintenance and repairs. Glen's biggest expense was food. He ate in restaurants instead of cooking his own food because food is too heavy to carry and because as he says, "I can't cook. Even cold water is a challenge."

To make bicycling as easy as possible, Glen carried only the bare necessities. These included a pup tent, a down

sleeping bag, four changes of clothing, some bicycle equipment and first aid equipment. These weighed 25 pounds dry and 40 pounds when wet.

Glen didn't condition at all, partly because he's not into jogging or sports and because he felt he had enough exercise from his job in a grocery store. He travelled the first 1,400 miles with a friend Steve Beriault, but they split up so they could go at their



own speed. Glen averaged 89.8 miles a day and his record speed is 140 miles in one day. There were only five days he didn't bicycle, one day in Calgary and four days when he stopped over in Sudbury.

Glen found the best provinces for bicycling are B.C., Alberta and Saskatchewan because their highways have paved shoulders. The weather was pretty good for bicycling except in Maple Creek Saskatchewan where Glen rode into a storm. There were 60 miles an hour winds, rain, hail and a temperature of 50 degrees.

Glen thought B.C. was the most scenic province and the most demanding especially when he had to climb Rogers Pass, 4,350 feet above sea level. However, the biggest thrill for Glen occurred when he saw the shores of Newfoundland.

According to Glen, anyone interested in bicycling a long distance should have "strong will power, be in fairly good shape, and have a dash of stupidity." Glen's ambition doesn't stop with Canada. Three or four years from now he would like to bicycle around the world. He plans to start at Circle Alaska, 30 miles south of the Arctic Circle and go from there to Tierra Del Fuego, South America.

lambda

LAURENTIAN UNIVERSITY, SUDBURY, ONTARIO.
MEMBER - CANADIAN UNIVERSITY PRESS.

Editor: Linda Fex
Business Manager: Paul Dugal
Typesetter: Pearl Samuel

One more time with feeling... From the keyboard of our IBM owing to the consistant failings of our Fridens...that piece of archaic machinery that seems to hang in like an albatross...we bring you Lambda and its cast of thousands...Dan, about whom there is nothing to say...O'Tuck about whom we could say a lot but we'll refrain, pearl who says it all, Eillen who is spelled wrong, Hairy...(did it again Harry), Paul, Sue, Mike(who writes), Chuck who paints, Gary whose body lies etched on lambda forever, Ken and with great feeling, Linda...Point of interest.. Lambda has been endowed with a new image in keeping with the new staff..All are invited to check out the most colorful place at LU. We are located in G1 Student Street. Photography classes are being set up for anyone interested in working in the darkroom. Staff is still needed to put this rag together.Only thing needed is a masochistic urge.

Just a little note...
HAPPY BIRTHDAY PEARL...FROM THE
HAPPY GANG AND OTHER ASSORTED
FOLKS.

we get letters

shinerama

Dear Students:

Shinerama Sudbury '75 was a blazing success. Over \$12,000 has been raised thus far, greatly exceeding the expectations of Shinerama Sudbury organizers. The joint effort by Sudbury Area High Schools, Cambrian College and Laurentian University students made the campaign the success it was.

Later in the month, awards will be presented to those "Shiners" who raised the most funds.

The organizers of Shinerama Sudbury '75 would like to express their sincere thanks to those Laurentian Students who gave their time, energy and donations to "help give a child the breath of life."

Sincerely,
L. Pilchik, Shinerama L.U.
V. Easton, Secretary, Shinerama Sudbury '75.

Editorial Page

impotence

I am apathetic. As a citizen of Canada, there is really no choice to the matter. We as a nation are becoming world reknown for our ability to rationalize anything and everything. The desperation poverty in Quebec to the sudden increase in racism has all been sufficiently rationalized.

Modern man fails to realize the power of apathy. It (apathy) is by no means limited to the members of the Belson-Belson generation. The apathy has engulfed their sons and daughters. It has been painted, only too clearly, by the sudden demise of the great revolutions of the 1960's.

For we who participated it seemed that, holy shit, maybe we could actually win. We screamed at the American imperialists, we denounced the existing social inequalities, we voted enbloc for the waffle movement, we fought all reactionaries with zeal.

The possibility of change swept the nation. We actually believed that radicals were going to succeed. We unfortunately hadn't estimated the power of apathy and nationalism. By 1971, the revolution had died. The radicals had lost. Canada had lost.

Apathy has been described as unsensibility to suffering and the indolence of mind.

When I look upon the word in that light, I feel that perhaps Winston Smith, who drowned his sorrows with Victory Gin in the Chestnut Tree Cafe was a parody on a Laurentian Students life.

On Friday evening, the Canadian backed Chilean gov't will torture and/or execute many free-thinkers.

On Friday evening, I'll suck back a few "Black-Labels and perhaps get laid."

Once I was a radical.
Michael Hodgson,
Social Work '77

TO WHOM IT MAY ...

Dear Dr. Monahan:

In January of 1975 the students of Laurentian University voted in a referendum to become members in the Ontario Federation of Students and to raise the membership fee from \$.40 to \$1.50 per student. Due to circumstances beyond our control, it was the responsibility of the 1975-1976 S.G.A. Council to ratify or not to ratify this Referendum. There was approximately 28% of the student body who voted, and of this 28% there was an 85% vote of YES for the Laurentian student body to become members of the Ontario Federation of Students.

The result of the ratification vote on the OFS Referendum by the present Council was POSITIVE. The students represented by the Students' General Association of Laurentian University are now members of OFS.

The Ontario Federation of Students is an organization of Post-Secondary Institutions representing 125,000 students. It defends our interests at the provincial level, where as you probably know most budgetary decisions are taken. Students not only at Laurentian but across the province feel that it is necessary to have a strong federation since the government has announced further cutbacks are to be expected in the Post-Secondary Educational sector.

One of the main priorities of the Ontario Federation of Students is to lobby for improvements in the Ontario Student Awards Program (OSAP), which by all standards is quite inadequate at the present time. O.F.S. is also concerned about the cutbacks which are seriously threatening the quality of education in Ontario and intends to launch a major campaign in the fall for more funding to Post-Secondary Institutions. Therefore we ask at this late date to include an increase in the 1975-1976 Student Fees of \$1.50 per student payable to the OFS, and to show this increase in the 1976-1977 Laurentian University Calendar.

Please accept my apology on behalf of the S.G.A. for not informing you of this Referendum and I hope this will not prejudice our case.

May we have the privilege of an early reply.

Yours truly,

Mike McWade
President, S.G.A.



This seems like a good time to send our thanx to the lovely and indispensable...
Cathy of the SGA

(in just so many words)

Mr. Mike McWade
President, SGA
Laurentian University

Dear Mike:

This will reply to yours of 27 August concerning the proposed increase in the Students' Fees by reason of the decision of your Council to become a member of the Ontario Federation of Students. While generally supportive of the decision to rejoin OFS and clearly recognizing the right of your Association to make these decisions, I am unwilling at this date to approve an increase in the Students' Fees for the academic year, 1975-1976. As you know, the University acts as the agent of SGA in collecting fees for your Association as a service to you. But a change in the level of these fees at this late date immediately prior to registration, whatever the



laudable purpose and however sanctioned by your Council, will cause great difficulties. The schedule of Students' Fees, including those for the Students' Associations, for 1975-1976 is published in the University calendar and is by now widely expected. Many students are likely to be unwilling to pay; others to resist, resulting in many problems.

I realize that this decision will be a disappointment to you, but it seems the only practical one in the circumstances. I am sorry your Association did not inform us of this earlier, for if the increase had been announced in time to meet the calendar publication deadline (in March), we would have been pleased to make the change. I suggest you explore alternatives for collecting the fee on your own this year; for the coming year (1976-77) the appropriate change can be made in the University calendar.

Thank you for your understanding.

Sincerely yours,

Edward J. Monahan
Edward J. Monahan
President

cnib views

The members of the Canadian Institute for the Blind would like to express their appreciation to the 20 students who assisted with our annual financial campaign, which has been a part of Frosh Week at the University for the past several years.

To those students who have been involved with this project in the past, the amount of participation must have seemed very low. Unfortunately this is the case and we are endeavouring through the prompt co-operation of the S.G.A. to find out what caused this situation. We wish that no blame be placed on any individual or group. But rather that through immediate dialogue with all groups concerned, we can endeavour to remedy the situation in order that next year's campaign will reach a successful conclusion that it has in the past. It is our hope that by discussing this matter with the S.G.A. immediately following the campaign we will be in a better position to set our plans for 1976 with a strong organization and communication network.

The University of Sudbury has participated in this annual event for many years and the enthusiasm shown by past students has made it possible for the CNIB to provide much needed services to the blind people of this community. Let us all work together in order to renew this spirit! Your comments and/or volunteer support would be greatly appreciated by the CNIB and the S.G.A.

We would like to take this opportunity to apologize to all the students at the University for having to cancel the dance which is also part of this annual event. Unfortunately due to the lack of participation in the campaign, we were afraid that this same lack of interest might also be evident at the dance. Unfortunately later on that evening, we were aware that there were a large number of students looking forward to a fun evening and were disappointed at our decision.

G.R. Mayor,
District Administrator, CNIB.

HELLO ALUMNI

GO SOUTH, YOUNG MAN!

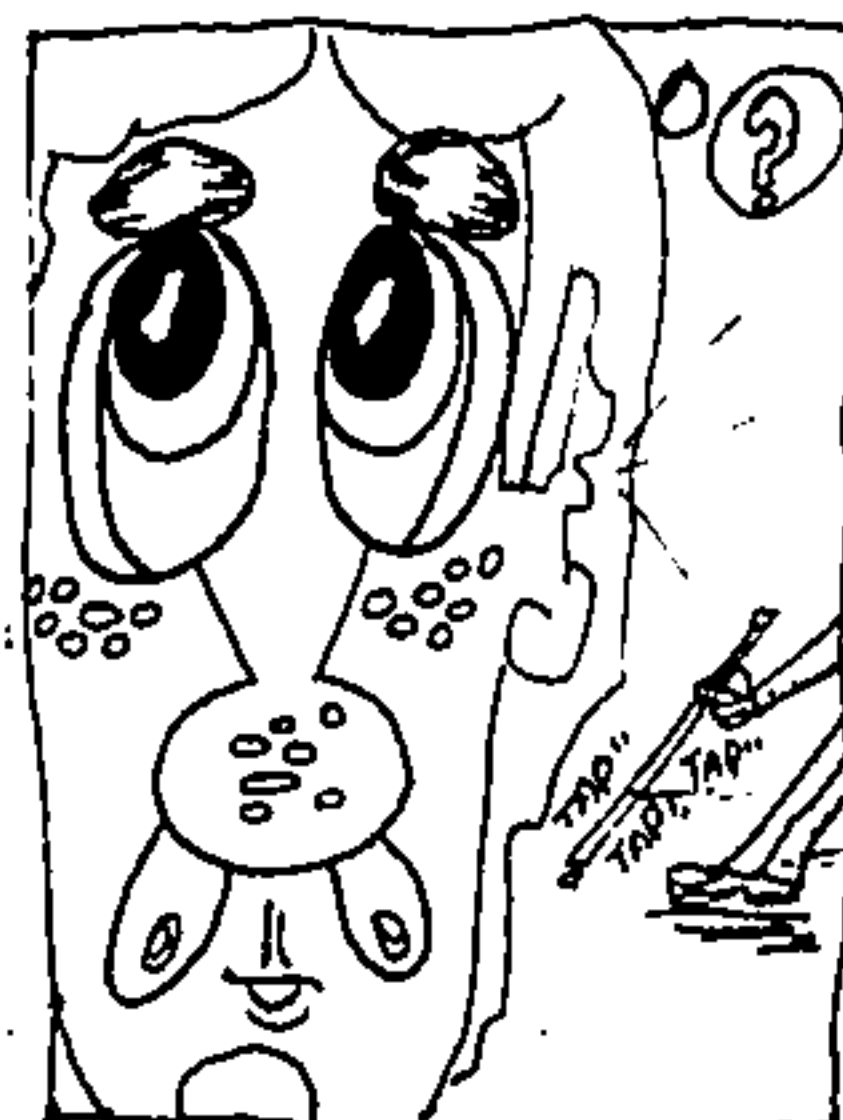
Enjoy Southern Comfort, smooth, sweet satisfaction from the South. Mixes with everything within reason and it's great all on its lonesome. Try some. You'll love it. Southern Comfort. The Grand Old Drink of the South that can't be imitated.



SOUTHERN COMFORT

The Unicorn

There seems to be a rumor that the Unicorn will be returning for another year. Hopefully the column will be a regular starting next week.



LIGHTHOUSE

by...CHUCK



Lighthouse arrived Monday evening, courtesy of S.G.A. Mike, Labatt's Brew and cystic Fibrosis.

The cost was a very welcome two bucks per head--which by anyone's standards was most affordable. The 'gate' went to cystic fibrosis which is a very worthy cause and always in need of financial support. Anyway, the result was a very good crowd, almost a packed house.

Over the years there have been many, many, many changes in the Lighthouse entourage, and the latest assembly of Musicians is the best of the lot. Previous Lighthouse hits were played here and there throughout the performance, however the new songs and the new Lighthouse sound received as much or more applause. The crowd went comfortably wild at these appropriate times.

Three songs in particular stood out during the show, "Southern Comfort" which was explained by Dale Hillary, 'the sax maniac' as a song about a "Lady" way down south in America Land. The song 'Soaring' was more or less inspired by Hang Gliding according to Ralph Cole and indeed it took many to previous unexplored heights of delight.

Finally, "Rocking Chair" brought the house down when it evolved into a frenzied jam with Billy Ledster torturing his tonsils while Ralph Cole and Ian Guenther burned their respective 'G' strings.

After the frenzy died down and the band returned to their Holiday Hotel, to relax and drink tree-frog beer, courtesy of Labatts; Lambda was invited to participate in a group discussion along with assorted representatives of other 'press'.

The boys were warm and friendly which was quite conducive to a relaxed discussion.

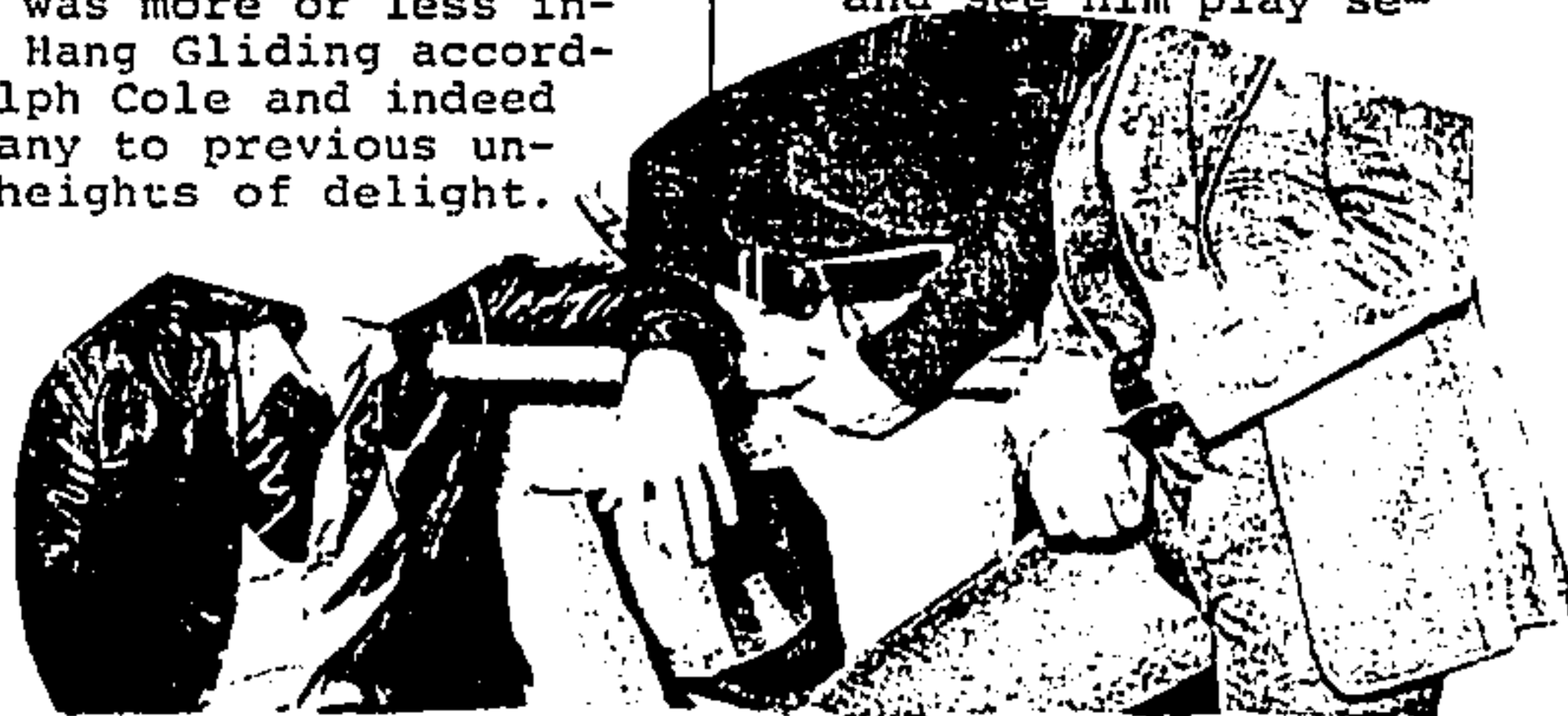
One discovers quite quickly when in the company of Lighthouse, that each and every member is an individual and each retains his individual identity within the framework of such a large group.

The Lighthouse entourage consists of: Billy Ledster (vocals), Ralph Cole Guitar, Tom Wills (percussion), Mike Lucas (Trumpet) Dale Hillary (Sax), Dave Tanner (Sax), Ian (Muttonchops) Guenther (Electronic violin), and Louis Ya Knin (Basic Bass). The fellows on the road crew consist of Peter Woods and Dave McKerrell.

As mentioned interests vary greatly in a group. R. Cole considers himself very lucky to have both met the late Jimi Hendrix and see him play se-

veral times. Ian Guenther on the other hands doesn't listen too much of anyone else's music, although he hears it. He draws on his own talent to come up with the sounds that delighted many Monday evening. Most everyone in the band reads music--some more than others, some well, some not so well--no matter, the result is still most enjoyable.

In brief, Lighthouse is not a helluva lot different than you or I. As individuals, they made music for a living and they do not trip over their ego's upon walking on stage. The evening with Lighthouse ended with a marathon Frisbee match in the halls of their Holiday Hotel.



Commerce

Elections for section Representatives to the commerce council will take place Wednesday, Sept. 24th and Thursday, September 25th, 1975 in the appropriate class sections.

Nominations are open for the position of Commerce Council Social Convenor. Nominations close Friday, September 26th, 1975. Nomination forms are available in the Commerce office (science

11 Building). Elections for the position of Social Convenor will take place Monday, September 29th, 1975 outside the Science 11 cafeteria. Please have student cards available for identification.

The first commerce council meeting (representatives and executives) will take place Monday, Sept. 29, 1975 in Room FA040B (Fraser Building - Bottom floor).

Elections

By elections are being called

for the following positions on the U.C.S.C.

President
Eng. Vice President
French Vice President
4 year Rep.
1 year Rep.

Nominations will be accepted September 24th and will be closed October 1st.

Elections will be held Oct. 15th. Nominations will be accepted by Louis Ouellette leave these at the UC porters desk.

Polling stations will be held at the UC lobby and Great Hall.

MEN'S basketball ..

If experience may be used as a yardstick, then Laurentian University Voyageurs' men's basketball edition is already at a high point and the pre-season is only one week old.

Voyageur coach Ken Shields can't believe all the familiar faces. Usually, the keynote of pre-season procedure is making acquaintances with new personnel.

Shields has lost defending OUAA scoring champion Mike Visser from last year's club, and two of his other three top scorers are also gone. But five players are back from the team which finished second in the Eastern Division before losing in the second round of the OUAA playoffs.

Back are guards Mike Heale and Mark Bennett. Heale is a third-year performer from Sudbury, who refined his skills with hard work during the summer, while Bennett is a sophomore from Sault Ste. Marie.

Guard Jeff Atwood and forwards Jeff Bennett and Peter Domendoni also own eight years experience among them. Atwood, in his third season, hails from Midland, while third-year man Bennett completes a Sault Ste. Marie brother act with Mark and sophomore Domendoni hails from Sudbury.

Three Sault Ste. Marie natives, who are former Voyageurs but sat out last season, are also practising with the club. Paul Mouss-eau, a 6-8 centre, Al Tekoniemi, a 6-4 forward, and Guy Vetrie, a 5-10 guard with a great career already accumulated at Laurentian, have to be considered experienced personnel as well.

"Early indications are good," says Shields who would rather reserve final judgment until judgment day. Voyageurs tip off the pre-season with an intra-squad game Oct. 25 and then follow with the Alumni game Nov. 1. There will hardly be need for programs in those ones... what with all the familiar faces.



Jeff Bennett (skins) and Al Tekoniemi go high for a rebound as men's basketball practices got down to serious business.

WOMEN'S . . .

What is a defending national champion? What combinations of humility and confidence, security and pressure does it actually involve?

Laurentian University Vees, winners of the 1974-75 Canadian intercollegiate women's basketball title, are just scratching the surface of the experience as they head into their second week of pre-season training under coach Norm Vickery. According to Vickery, the pedestal has positive and negative overtones "Certainly it's everybody's goal to be number one," he says quietly. "And I have to admit it helps to sell the program come recruiting time. We seem to have more quality newcomers this season than in previous years.

"But at the same time, I think it scares good basketball players away because they think they don't have the slightest chance of making a national champion," continues

Vickery. "With the exposure we also lost a couple of eligible players, Chris Kritelli and Sheila Strike, to the Canadian Olympic team."

Still, Vickery has five players back from his championship roster with a sixth possibility, and that in itself is food for optimism. After all, he can only play five at a time. continued p.8

Phys. Ed.

Services Program

The Physical Education Services Program is now becoming mobilized with the beginning of classes. The Intramural Program is well under way with activities scheduled for the near future. Check with your college representative

or call extension 510 for information.

An activity card is required for use of the Physical Education Centre. Activity cards may be purchased at Ken Bahnuk's office in the Phys. Ed. Centre, and arrangements for locker space can also be made at the same time.

Schedules for use of the swimming pool, gymnasium, exercise room, tennis courts, track area and fields may be obtained from Mr. Bahnuk's office or at the reception desk in the Phys. Ed. Centre.

A number of activity clubs are also reorganizing for the new term. The swimming and Diving Clubs are anxious to get back to training but are participating in dry land training at the moment while the swimming pool is under repair. Advance notice of pool reopening will be made in Lambda and on the bulletin boards in the Physical Education centre.

the Phenomena of

by A.B. Lakshman

WHAT ACTUALLY HAPPENS WHEN YOU FALL ASLEEP?

In reality there are many kinds of sleep, each functioning at a different depth of 'consciousness'. In a typical night's sleep, relaxation and drowsiness initiate the process, with signals such as yawning, stretching and blurry vision. Body temperature begins to fall, eyes close, brain waves begin a regular pattern called the alpha rhythm. The EEG may show the brain waves sweeping up and down at 9 - 12 cycles a second (see the figure). You experience a state of relaxed wakefulness or serenity. This state, with eyes closed, but sleep not yet started, is referred to as Stage 0 of sleep.

With further relaxation, the alpha waves grow smaller and you drift between drowsiness and sleep, perhaps seeing images! This is called the hypnagogic state. The EEG graph then begins to show another pattern. Tracings appear uneven, fast, irregular and swiftly changing. This is Stage 1 of sleep, and is referred to as the first minutes of sleep, i.e., light sleep. Your breathing and heart rate are slower now and your muscles are fairly relaxed. But you can be easily awakened even by a word and you may even assert that you were not asleep! Stage 1 of sleep lasts for just a few minutes. The brain wave tracings show unusually quick bursts of rapid waves known as 'spindles' and your body is more relaxed. You can still be awakened easily, although you appear in 'medium depth sleep', or Stage 2 of sleep. If someone woke you up, you will insist, quite sincerely, that you were awake and thinking, even though your thoughts were vague!

THE BRAIN AND RESEARCH

Meaningful studies on sleep and brain began only during the early part of the twentieth century. Electrical discharges from the surface of the brain (brain waves) were discovered by Hans Berger, who did his research work in secret. To produce and study changes in brain waves, he made his subjects sleepy with beer and then woke them up by exploding firecrackers. His findings were ridiculed by his colleagues. They considered them to be just "wavy lines" and showed very little interest. Today, the study of brain waves, called Electroencephalography (EEG), literally, electric writings of the brain, is applied to hundreds of diagnostic studies of the brain and bodily functions.

Brain recordings are fairly simple to obtain. The subject either sits or stretches out on a bed, while a technician pastes tiny metal strips to a few places on the scalp. The metal strips, called electrodes, pick up electric discharges from the brain's surfaces. From each electrode a wire runs to the EEG machine. The EEG machine is about the size of a desk and displays a number of dials, knobs and controls. It is

similar to an ECG or electrocardiograph; which records the heart beats; however, the EEG is ten times as complicated and as hundred times as sensitive. When the doctor flips a switch, three to eight pens start scratching back and forth on a moving roll of paper, making lumpy scribbling lines. At the end of testing, the paper with tracings is examined for details -- just like a financier handles ticker tape from the stock exchange.

us to understand many diseases aggravated by loss of sleep as well as mental illness. Because of the mystery surrounding sleep and dreams, many of the beliefs that have arisen are not true. For example, assumptions have been made that during sleep, the brain and the body rest, or that there is only one kind of sleep. Sleep is an active state of the brain, and as a matter of fact, the brain is active 24 hours of the day. Sleep is not a single phenomenon; instead, it consists of two different states which involve two different mechanisms. Body sleep is also a misnomer since practically all of our systems in the body will be functioning, though at a decreased state.

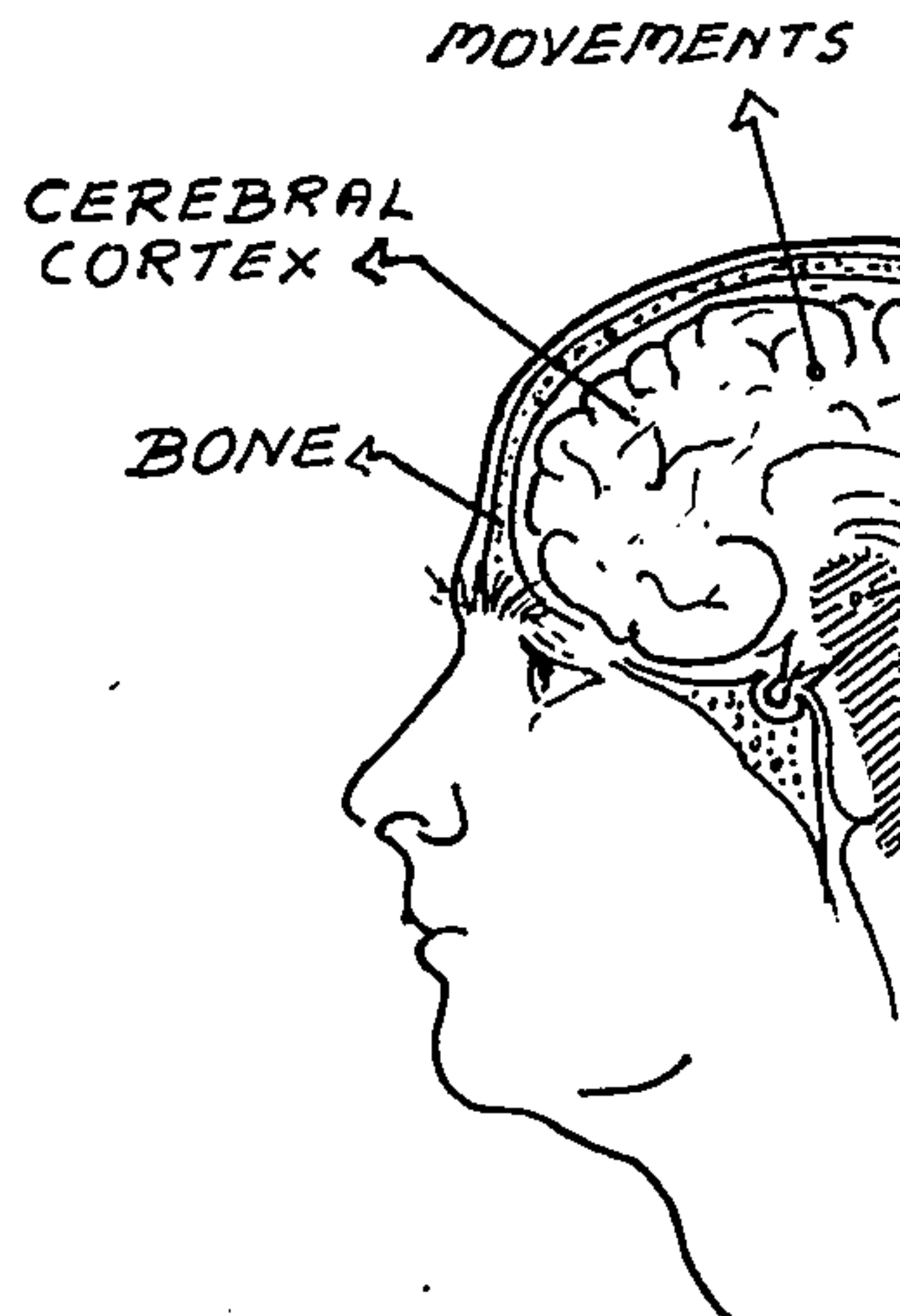
Sleep was explained centuries ago as a kind of anemia of the brain; consequently, a pillow would help to drain blood from the head. Some argued that the body secretes a chemical similar to the sleeping pill and puts the brain (us) to sleep. A neural theory suggested that at night a circuit "breaks" and we fall asleep. Many general theories were more philosophical than physiological. A few studies of Siamese twins (congenitally joined twins) with completely shared chemicals and circulation disproved the chemical theory such as a sleeping chemical; in experiments, one twin dozed off while the other was feeding. Each twin had his own sleep rhythm.

What puts us to sleep for about one third of the day is still a mystery. Perhaps still more interesting is what keeps us awake for two thirds of the day! One scientist refers to sleep and wakefulness as two sides of the same coin.

One of the latest developments in brain research is the discovery of a small area deep in the brain called the 'pleasure centre'. When experimental rats (with electrodes implanted inside their skulls) had a choice of levers to pull for food pellet or water or shock or for pleasurable sensation, most of the rats ignored food, water and shock, but kept pressing the lever which stimulated the pleasure sensation. Some rats pressed the lever for 5,000 times in an hour until they became so tired that they were unable to press the lever. Given time that a rat could die of starvation or lack of sleep - presumably happy.

Another outstanding discovery in brain research is the Reticular formation, in which resides the reticular activating system. It is a tiny nerve network in the central part of the brain stem (see the figure.) The reticular

formation is no bigger than your little finger but is an extremely important structure. It is like David to a cerebral Goliath! The RAS (reticular activating system) is selective in sending messages to the cerebral cortex; in fact, the RAS acts as a traffic control centre, facilitating or inhibiting the flow of signals in the



SECTIONAL SKULL

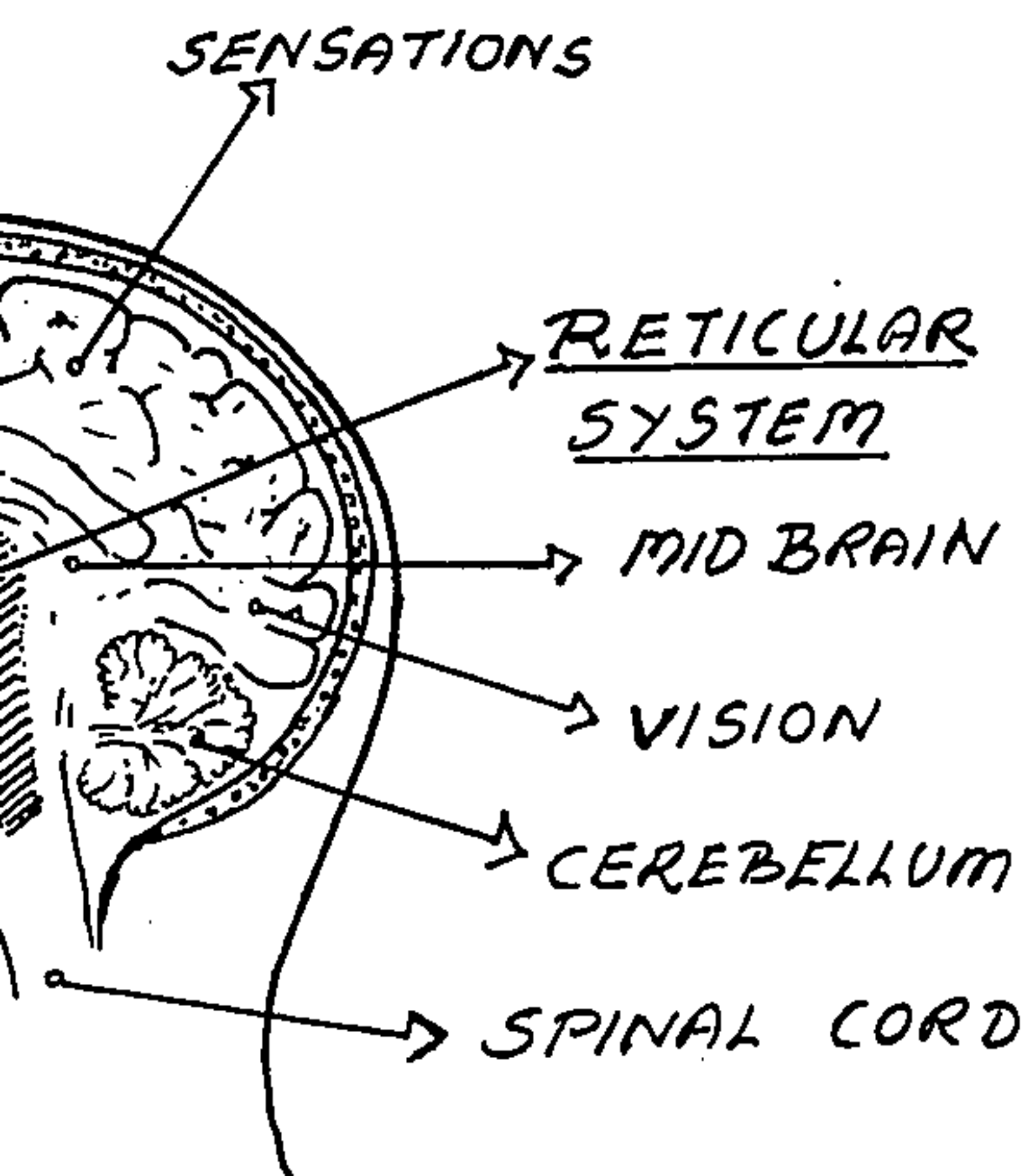


SPINDLE

EEG
S

f sleep and dreams

nervous system. In a slumbering animal, stimulation of the RAS centres arouses the animal; conversely, complete destruction of the centres causes the animal to go into a coma. If a few lower parts of the brain stem are destroyed partially, the cats will become insomniac and remain awake most of the time.



VIEW OF THE AND BRAIN

← AWAKE - RELAXED

← LIGHT SLEEP

← DEEP SLEEP

S PATTERNS SIMPLIFIED

BIOCHEMISTRY OF SLEEP

Further research has shown that a collection of nerve cells in the midline of the brain stem, "nuclei of the raphe", (in Greek means seam, juncture of the two halves of the brain), emit yellow fluorescent rays under ultra-violet light. Such reactions indicate rich concentration of hormone-like substance Serotonin, which is known to have many effects on the brain and the body. When raphe cells of the cats were destroyed, 80% became sleepless. The raphe system may indeed be the main centre responsible for bringing on sleep in cats and it is possible in humans too. Another group of nerve cells in the dorsal area of pons (part of the mid-brain) known as locus coeruleus, exhibits green fluorescence, suggesting they contain noradrenalin. Noradrenalin is believed to produce deep sleep.

Inhibition of synthesis of serotonin in the brain by a chemical called PCPA, or p-chlorophenylalanine, leads to total insomnia, which is reversible. Return to normal sleep is effected by the injection of 5-hydroxytryptamine, the precursor for serotonin. It appears that serotonin induces light sleep; noradrenalin is involved in deep sleep. The tentative hypothesis of sleep involving brain mechanism is that the raphe system is the seat responsible for the onset of light sleep and that it operates through the secretion of serotonin. Similarly, the locus coeruleus harbors the system responsible for producing deep sleep and this uses noradrenalin as the agent. In cyclic fashion, these two systems block the RAS networks responsible for wakefulness. Recent developments concerning the role of serotonin offer a new era for biochemical approaches to the mysteriousness of sleep. It is possible that the sleep controlling structures which are located in the dorsal part of the pons (mid-brain area) could also be involved in dreaming. Because these centers give rise to spontaneous excitations that travel mainly to the brain's visual cortex (tracts), it seems possible that this excitation is related to the image formation, that one "sees" in dreams.

Soon, you will drift deer in to Stage 3 of sleep, which is quite an odyssey. Your muscles are almost totally relaxed, your breathing, blood pressure, heart rate and temperature have dropped considerably. The brain emits some large, slow waves -- about five per second. You have lost contact with the world and it will take a loud noise to awaken you. This is Stage 3 and is referred to as deeper sleep.

Eventually you will slip into Stage 4, the deepest level of sleep. Every measurable body function is at a low ebb, with breathing deep, slow and even. Your muscles are completely relaxed. If someone tries to wake you, you will come back to consciousness only with great effort. The EEG shows a continuous pattern of slow, synchronized high voltage waves. If sleep-walking occurs, it happens during Stage 4. It is in this stage, too, that children may wet their beds.

After stage 4, comes the most fascinating part of the sleep cycles. By now you have been asleep for 90 minutes. You will turn over, and the electrodes pick up brain waves resembling those of Stage 1 of sleep. Muscular activity around your eyes becomes apparent; it is as if you were looking at a moving object. This stage of sleep is the REM sleep and is named for the rapid eye (ocular) movements. It will take a loud extraneous noise, such as a heavy traffic horn, to awaken you; not a slight noise with a personal significance, such as the whimpering of a child, or someone calling your name, will induce a response.

Having attained deepest sleep, you won't stay there for very long. You swing back to Stage 1, probably dream a little, and then descend again into deeper sleep. You may pause at Stage 3 or even Stage 2 and return to Stage 1, which is closest to the waking state. In a normal uninterrupted night's sleep of 7 to 8 hours, you swing from light to deep sleep and back again about five times.

Awakening is a piecemeal, not an instantaneous process. It takes a little while to brush the "cobwebs from the mind". On the average, it takes 4 to 5 seconds to come completely to one's senses. We shouldn't feel guilty if we don't leap from the sheets with a song on our lips as soon as our eyes open. Awakening comes in the morning by sensory stimulations and signals from muscles (in particular, a distended bladder and an empty stomach) which 'demand' attention. A forthright answer to the question, "What is the first thing you do in the morning?", is, of course, urinate. A drowsy state in the morning after awakening is like the drowsiness of falling asleep. There is a pleasant drifting between light sleep and wakefulness. The short snooze 'stolen' after the alarm clock is turned off is often the most delicious of all snoozes.

Some sleep researchers think that we build up a wakefulness chemical in our bodies during the sleep span; when it reaches a certain level (usually by dawnbreak), it acts on the brain centres and wakes us up. They also think that during our wakefulness we build up a chemical which induces sleep. At the present time, these are speculations, and only time will prove or disprove the validity of these theories.

In the next article, topics such as 'How much of sleep do we need?' and 'Effects of sleep loss' will be discussed.

QUIZ: SLEEP AND PERSONALITY

Persons who are generally introverted, less philosophical, mildly depressed, and sexually inhibited, sleep for:

- (a) 4 hours
- (b) 5 hours
- (c) 6 hours
- (d) 7 hours
- (e) 8 hours & more.

P.S. Correct answer to last week's quiz is (c): We expend 750 or more calories in an 8 hour sleep span. With nightmares, you expend more than 800 calories.

Support your Vees

WOMEN'S (cont.)

A couple of fourth-year Vees, Donna Roman and Ann Hurley, head the list of experience. Hurley is a five foot five inch guard from Toronto who was a co-winner along with Strike of Laurentian University's woman athlete of the year award last season.

"She's certainly one of our most valuable members," says Vickery.

Roman was a sometime starter for the Vees a year ago, and Vickery looks to her for full time duty in that category this season. According to Vickery, the 5-10 forward from Sudbury "has come a long way since making the club." Three sophomores round out the returning five. Michelle Belanger, a 5-10 forward from Timming, draws a lot of praise from Vickery.

"She was the best rookie in the conference last season, without a doubt," says Vickery. "She has a great attitude. She wants to be good and is willing to work for it."

Cindy Fere, a six foot centre from Niagara Falls, and Kathy Jennings, a 5-5 guard from Toronto, are the other second year returnees.

"One year and the summer has really helped Cindy's game," says Vickery. "And Kathy is fun to watch. She can do it all...defence, score or make the play."

Vees don't open their season until Oct. 31 when they meet University of Winnipeg in an exhibition confrontation. But that's fine with Vickery... it allows six weeks for his club to accustom itself to being a national champion.

SOCCER SEASON PROMISING

Laurentian University Voyageurs are still unbeaten two games into the OUAA soccer season, but it was no weekend on Easy Street.

In their season opener Saturday, Voyageurs battled even up with defending conference champion McMaster Marauders for a 1-1 draw, and then rebounded amid the rain Sunday afternoon for a 2-1 victory over Royal Military College of Kingston. Both games were played here at Laurentian University.

"I'm relatively satisfied for a first effort," admitted Laurentian Coach Greg Zorbas.

"We'll have to score more goals if we're going to win it all, but hopefully that will come with the more games we play." Against McMaster, it appeared as though there was a distinct tilt in the pitch favoring Laurentian as the V's continually pressured the Visitors' goal. Unfortunately, the scoreboard maintained its balance, partially due to some erratic shooting from the V's.

Art Fraser, Voyageur co-captain produced a 1-0 Laurentian lead in the first half when he capped a fine passing play with his first goal of the season. However, it was Mark O'Neil who emerged as the Saturday hero. He tied the game early in the second half when his low shot after a corner kick found its way through a maze of legs past Voyageur goaltender Vic Pessot.

Ted Domalewski, a recent transfer from McMaster to Laurentian almost won it for the home club but Cameron made a fine save off Domalewski's shot from about 20 yards.

"We had them and we let them slip away," said Zorbas after the Saturday encounter. "We didn't use our heads in the second half."

"McMaster had a lot bigger club than ours, and they controlled the ball when it was in the air," offered Zorbas. "At half time we talked about moving the ball around or through them. But we didn't go out and do it." Zorbas substituted rather freely throughout the match, as the V's showed good depth. Midfielder Carl Shields was outstanding for Laurentian, controlling much of the play, especially in the second half. Sunday, the V's had to come from behind against RMC. But in the end, you might say they had the short hairs by the short hairs.

George Birkas gave the visitors a 1-0 lead early in the match, but Leo Tauvette tied it for the Voyageurs before the break finding the corner of the net after a fancy three-way play with Fraser and Shields.

"Leo played much better Sunday," said Zorbas. "I moved him from the wing to the middle and he looked more at home."

The man who made the difference through, was, Mike Czerwinec. He capitalized on some loose defensive play by RMC midway through the final half to kick the winning goal.

Once again, Laurentian controlled the play but goals were hard to come by.

"We still need another dangerous striker around the net," admitted Zorbas.

Domalewski played exceptionally well against the military boys, with a strong effect at midfield. Mike Matsumunyane, part of the V's African Connection in the second half.

"It was a good game. RMC played it tough," said Zorbas. "We should be ready for our next test."

V's take their 1-0-1 record to Toronto and Guelph Saturday & Sunday. And they're counting on preserving that goose-egg in the middle.

Following is a list of activity club leaders or coaches for those who are interested in becoming involved with the activities:

Archery--coach or leader to be announced, ext. 535.

Badminton--TBA, ext 535

Curling--Dr. Art Quinney, Ext. 344

Diving--Dr. Ross Hetherington, Ext. 345

Fitness appraisal--JoAnne McKinty, Ext. 250

Gymnastics--Dr. Rick Danielson, Ext. 507

Intramurals--David Wright, Ext. 510

Judo--TBA. 535

Karate--TBA, 535

Scuba Diving--TBA, 535

Skiing--Prof. Bob Rogers, Ext. 272

Swimming club--Dr. Jeno Tihanyi, Ext. 343

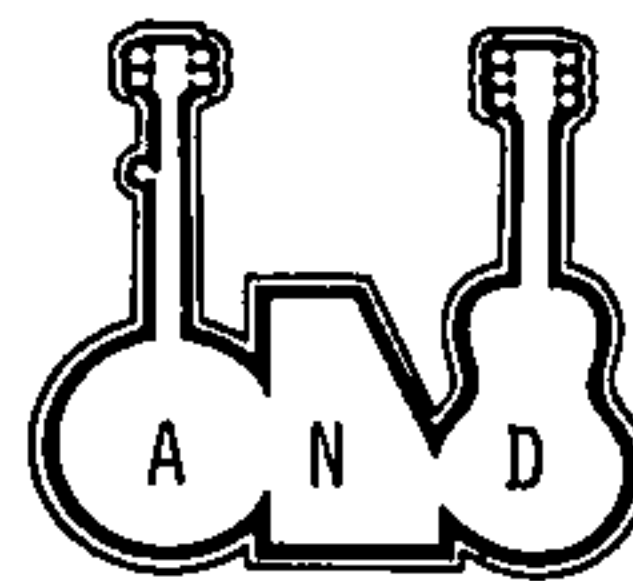
Swimming and Diving lessons--Dr. Greg Zorbas, Ext. 511

Tennis--Prof. Sandra Knox, Ext. 293

Track and field--Dr. Ron Wallingford, Ext. 270

THE GOOD BROTHERS

(bluegrass)



MACLEAN AND MACLEAN

(toilet rock)

IN CONCERT

SUNDAY SEPTEMBER 28, 1975

8:00 P.M.

FRASER AUDITORIUM

Limited number of tickets (only \$3.00) available from the Alumni Office, Room L-225 of the R.D. Parker Building (near the bookstore).

LU SWIM CLUB

To provide young women and men the opportunity to train and to excel in competitive swimming, to travel, to develop friendship and goodwill among members within the club, within the region within Ontario and Canada.

Every member will have the opportunity to compete. The level of competition (whether it be Developmental, Invitational, Provincial or National) will depend on the readiness and ambition of a particular swimmer.

To insure the process of gradual adaptation swimmers are divided into different groups according to ability and experience.

The Role of the Parent:

In addition to parental encouragement of young swimmers, the parents are expected to assist in the operation of the swim club.

Club Membership:

The Laurentian University Swim Club is affiliated with the Division of Physical Education Laurentian University. The affiliation is primarily due to the fact that club members also hold recreational membership within the Division. However, club membership is not limited to recreational membership holders. Anyone may become a club member with a minimum additional membership fee. Membership provides the following privileges: training, (pool and weight room) public swimming, towers, lockers, sauna, gymnasium etc. Swim club fees are based on the amount of training time scheduled:

For further information, contact coach or members of Club executive:

Coach: Dr. Jeno Tihanyi, Physical Education, Laurentian University, Ext. 343

Club Executives:

President: Dr. Clay Savella
673-1823

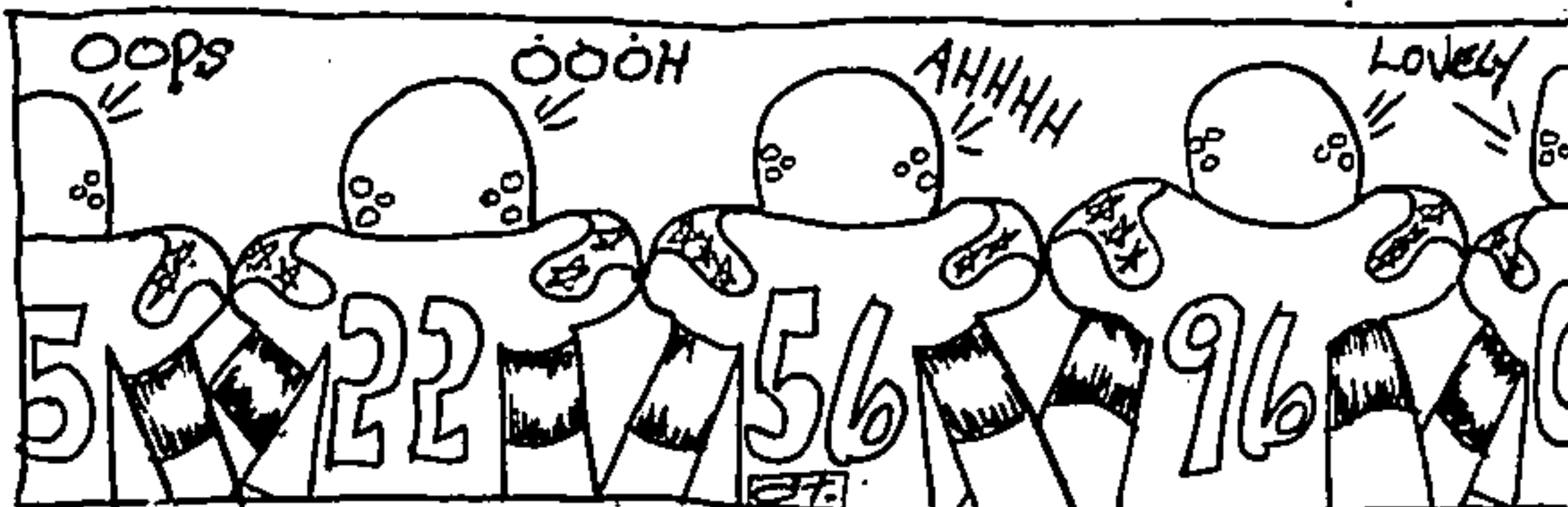
Past Pres: Dr. Irvine Reilly
674-7060

Treasurer: Mr. Albert Bertrand -522-0095

Secretary: Mrs. Pat Meredith
674-6946

Meet Managers: Mr. Peter Andlar
675-2047

Application forms may be obtained through Division of Physical Education, Laurentian University, Ben Avery Building Training commences week of September 15th.



DIPLOMATIC CAREERS

Each year, representatives of the Canadian Government visit campuses in order to meet graduating students and interest them in a career in the Foreign Service, where the government draws its personnel to staff posts abroad, either permanent missions such as the Canadian Mission at the United Nations or its embassies and consulates. Foreign Service personnel are attached to one of three Departments: External Affairs; Industry, Trade and Commerce; or Manpower and Immigration.

As in the past, Foreign Service Officers are recruited by competition. This year, examinations will take place on Tuesday, October 21, 1975 and Wednesday, October 22, 1975. If a diplomatic career interests you, please contact your Canada Manpower Centre on Campus (G-3, Student Street, 675-1151 Ext. 248) for information.

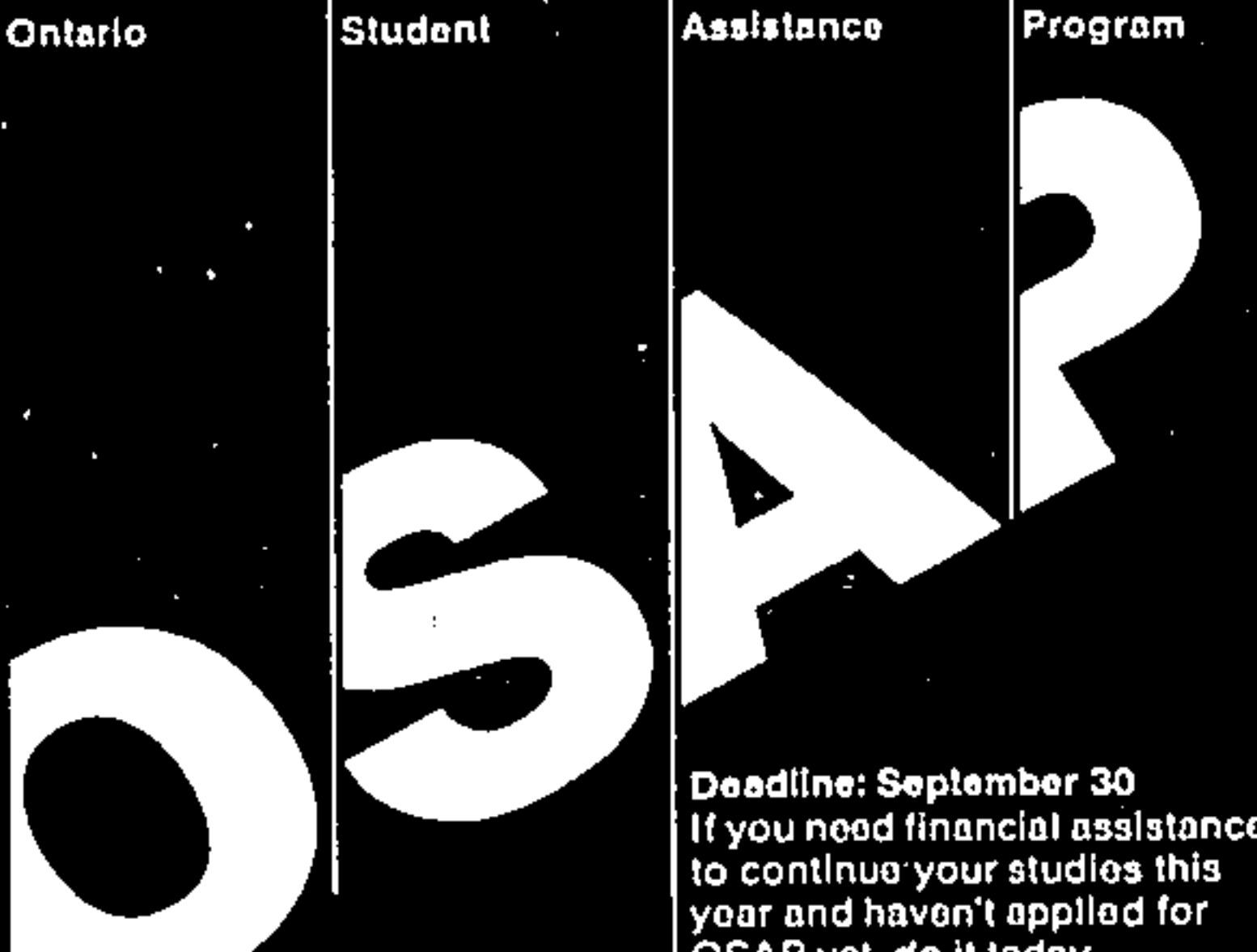
We also invite you to meet our Foreign Service representatives during the briefing session which will take place at F56, Fraser Auditorium on October 9th, 1975, 2:00 p.m. to 3:30 p.m. The representatives will be describing the career opportunities which exist in the Foreign Service of the three departments. The following comments outline briefly the type of activities the Canadian Foreign Service Officers are engaged in.

EXTERNAL AFFAIRS

The work of an officer in External Affairs is always varied, whether he is posted in a small mission in Latin America or in a large European capital. For example, a junior officer in Rome did a lot of work in the field of cultural affairs, administering a Canadian scholarship programme for Italian students, greeting Canadian performers, coming to Rome, helping to organize art exhibitions. He also read Italian newspapers and met Italian politicians and officials. He followed Italian politics closely and wrote situation reports for his Department. Protocol also proved interesting, whether it was greeting a Canadian Minister at the airport and arranging his schedule or briefing him on the political status of the country. Consular responsibilities led him to help fellow citizens travelling in Italy, some of whom he was called upon to visit.

INDUSTRY, TRADE AND COMMERCE

On another front, an officer from Industry, Trade and Commerce was called upon at the request of Cuban authorities, to negotiate a shipbuilding contract for Canada. A good deal of his work consisted therefore in assessing the commercial outlets in his territory, evaluating the competition which would face Canadian exporters and checking out credit facilities which could be made available to Cuban authorities.

Ontario	Student	Assistance	Program
			
Deadline: September 30 If you need financial assistance to continue your studies this year and haven't applied for OSAP yet, do it today. To receive assistance for the full academic year, you must apply by September 30. If your program isn't eligible under OSAP, find out about the new Ontario Student Loans Plan. Your Student Awards Officer has the details.			
 Ministry of Colleges and Universities James A. C. Auld, Minister J. Gordon Parr, Deputy Minister			

NOTE

Hey Funseekers,
There will be
YOUR BASPC
GENERAL STAFF
MEETING...
FRIDAY MORN.
AT
11:00 F.M.
COME OUT OF
THE WOODWORK
AND HELP US
PRODUCE A GOOD
PAPER. TA.

As opposed to A.M.

LETTER TO THE EDITOR:

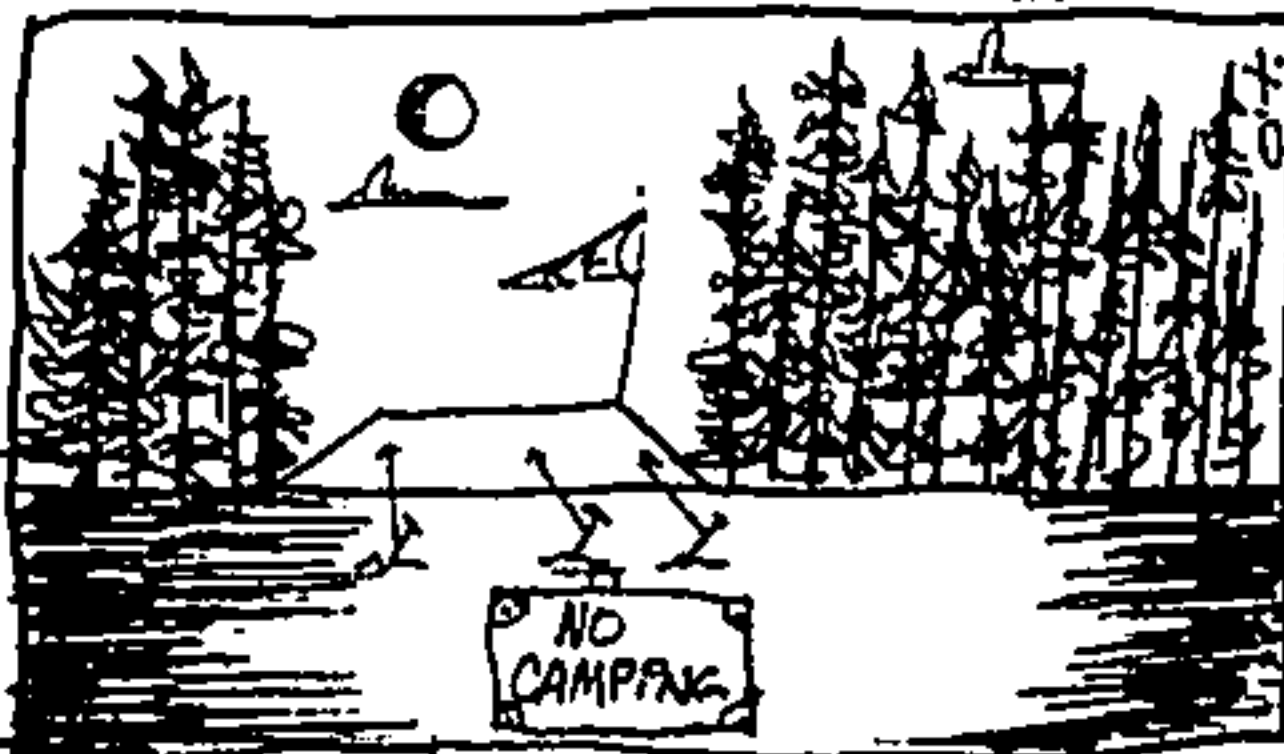
The brief comment of my personnel "ultimate solution... to accomodation," living in the outdoors was humourously accepted, (at least I have the nerve to ask for a shower). In all fairness more exposure should be given to the development of alternative means of living here at Laurentian; other univerisites and institutions have made considerable inroads into alternative energy, housing, transportation, etc., systems. But Laurentian has an unawaken image in the "Voyageur" that has not yet been explored. To me personally the proud heritage of "Voyaguer" is more than the local name for sports teams, the drunken image prevailing in the Voyageur Pub and the carousing dress-up of the Voyageur during Winter Carnival do not constitute the true tradition of Voyageur.

The tradition here at Laurentian could, possibly be set higher and given as a challenge to our undergraduate students to meet Nature on Her doorstep instead of the comfortable buildings and systems maintained to support our high consumption levels. Living outdoors is such an alternative open to those students hardy enough to counter the environment with suitable experiences and equipment necessary to meet Nature on her terms. Within our current un-

iversity setting we have the largest recreational wilderness at our very door plus favourable resources here that are not in my mind fully developed: the Outdoor School and the LU Voyageur Outdoor Club.

The wilderness environment resources in the region have the potential of providing more employment beyond the current forestry, trapping, hunting, and fishing pursuits. The therapeutic approaches to developing systems for helping people back to realistic community values has been increasing lately along with increasing uses of wilderness camping and canoeing for recreational activities. At the moment Laurentian and the Sudbury communities have the resources and the necessary expertise to organize activities usually generated in the south in Canada and United States. Are we going to do anything about this exporting of still another resource that can create jobs in the North?

Steve Kelly
(Ruffled Feather)



Ron Jacobs, of Whitefish Falls, will be the guest speaker at the Baha'i Campus Club, Wednesday Sept. 24, Room G18 on Student Street. He will speak on:
THE INDIVIDUAL IN A TROUBLED SOCIETY



MUTT & JEFF CO

IS

OPEN

Mon-Wed-Fri-Sat

03:00 - 6:00

G-27 STUDENT STREET

FOR

LAURENTIAN

T-SHIRTS

SWEATERS

NYLON AND LEATHER JACKETS

PLUS

KETTLES FRYING PANS KITCHEN UTENSILS RADIOS CAMERA'S TOWELS and MORE

MERRILL SPEAKS

See the unique story of the USC's work overseas in a slide presentation to be given by geographer and USC Special Advisor, Dr. Gordon Merrill, at a Public Meeting to be held Thursday, September 25, 8:00 p.m., at Cambrian College, Notre Dame Campus, Room C-102 in Sudbury.....

DR. GORDON MERRILL, former Dean of Arts and Professor of Geography, Carlton University, Ottawa, now special advisor to the Unitarian Service Committee of Canada will speak to the Students and teachers at 4:30 p.m. on Wednesday, September 24 at Cambrian College, 1400 Barrydowne Road, New Sudbury in the 2nd floor lounge.

The USC is a non-denominational, non-political relief and rehabilitation agency which operates under its own constitution and is supported yearly by an estimated half a million Canadians of all religious beliefs. It is endorsed by the Government of Canada and registered as a Canadian charitable organization. The agency is so often queried about the significance of the word "Unitarian" in its name that it is useful to explain

the relationship that is historical in nature. In July 1945 Dr. Lotta Hitschmanova requested authorization from the Unitarian Service Committee of the United States to organize a counterpart agency in Canada, to come to the rescue of children, victims of World War II. This permission was gladly granted and with a great deal of support from Unitarian Churches in Canada the USC was born. The need for such voluntary agencies as the USC proved itself by the rapid growth of the agency. Formal links between the USC and Unitarian Churches were terminated in 1948, but a welcome and informal relationship continues, as it does with other Churches. The humanitarian objectives of the USC are endorsed by people of all faiths, and generous support comes from Canadians of diverse religious creeds. It is therefore appropriate that USC aid be offered without regard to religion. The non-denominational aspect of the organization is consistent both with the source of its funds in Canada and the nature of the international community it serves.

film

LAURENTIAN FILM SOCIETY

Oct. 5: Mr. Smith Goes to Washington (USA, 1939), directed by Frank Capra with James Stewart and Jean Arthur -- one of Capra's best known films with a pre-Watergate view of American politics.

Oct. 19: Le Boucher (France, 1970) directed by Claude Chabrol -- the smooth elegant surface of this film beautifully complements its ironic treatment of love and guilt.

Nov. 2: Gold Diggers of 1933 (USA, 1933) directed by Busby Berkeley with Joan Blondell, Ruby Keeler and Dick Powell -- a real funky movie.

Nov. 16: Hour of the Wolf (Sweden, 1967) Ingmar Bergman, with Liv Ullmann and Max Von Sydow -- a Bergman film you may have missed.

Nov. 30: The Browning Version (Great Britain, 1950) directed by Anthony Asquith and starring Sir Michael Redgrave - Olivier has called Redgrave's performance in this film the greatest ever on film.

Jan. 11: McCabe and Mrs. Miller (USA, 1971) directed by Robert Altman with Warren Beatty and Julie Christie - a fine early film by Hollywood's most promising director.



"For me, good food
and a good beer go together.
That's why I ask for Heineken.
It's all a matter of taste."

Heineken
It's all a matter of taste.

Poem for J

ALONE

with your thoughts

TOGETHER

with a friend

AWAY

in a dream

RELIVING

the past

EMBRACING

the present

ANTICIPATING

the future

LOVING

the moments with you

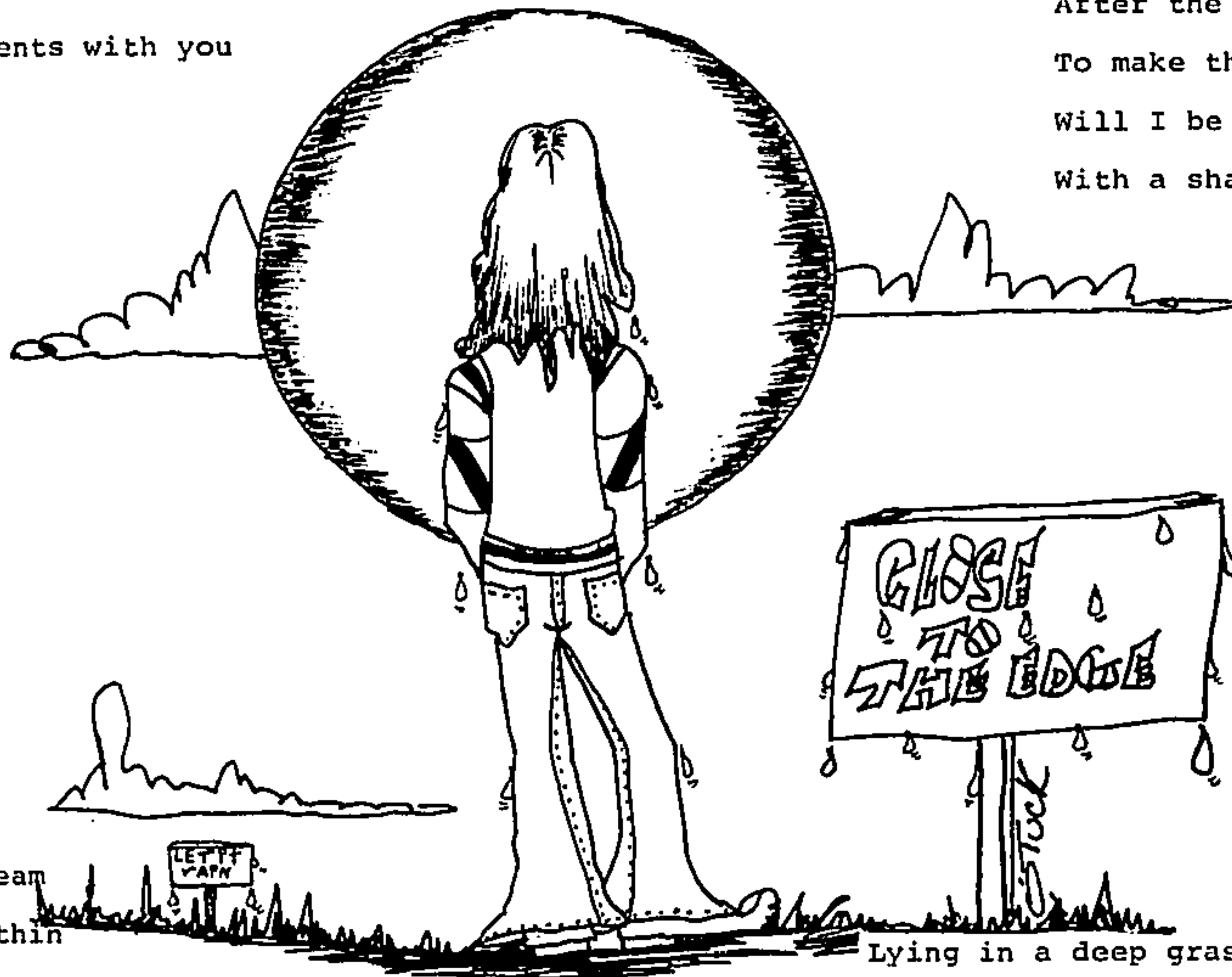
WON'T
SOMEBODY
PLEASE
PUT OUT THE
RAIN

If I should forget about tomorrow
And worry only of today
Will it bring me sorrow
When it's time to collect my pay

Should I take in a game plan
Or should I play it by ear
Will I be less of a man
Not knowing which way to steer

If I get there last
Not knowing the cost
Does it mean you're so fast
Or that I am lost

After the sun has gone down
To make the present the past
Will I be in the background
With a shadow that doesn't cast



A tapered dream
from within

Premonitions of recognition
built to win

A long envisioned coalition

Remember for what you came
Pleasure of love?

That's not your game

Love of pleasure?

Though not the same

Your evening treasure

Knows who's to blame

The night's naked haste
Of schemes and expectation
Wakes to mornings bitter taste
Of shattered dreams and alienation

Lying in a deep grass

Talking of nothin

Thinking it's something

Like a burden that's no real task

Is the lamenting of each other

Of which neither seems to grasp

Though it appears you bathe

In tranquility

You've already forgotten

What's not understood

Thus you may drown in your contentedness

As you walk upon your sea of peace

You've committed your unpardonable sin

Now a faded memory of you is about to cease

By
g.d.